

Bavarian News

Vol 3. Nr. 04

Grafenwoehr, Hohenfels and Vilseck

February 21, 2007

MAKING A DIFFERENCE

2SCR gives gift of life with record breaking blood drive

by JODIWARD
Staff writer

One of the greatest strengths of our military is the way service members and their families take care of one another. Case in point: the 2d Stryker Cavalry Regiment's Feb. 5-9 blood drive. During those five days, a record 1,058 Soldiers signed up to donate, yielding a total of 792 units or pints of blood, the equivalent of 100

gallons or the entire blood volume of 75 humans! This was the first week-long blood drive in U.S. Army Europe history, said Sgt. Romone Hollins, a staff member at the USAREUR Blood Donor Center. Hollins is hoping that this drive will set a precedent, challenging other units to match the Stryker's donation. And, ... it has. Since the end of the week-long event, three communities have signed on to host their own large-scale blood drives, according to 2SCR

For More Info

Read the **Did You Know** section on Page 4 for blood trivia.

Regimental Surgeon Maj. Matthew Rice. Rice, who donated a pint of blood, said he is proud of the regiment and grateful to the Blood Donor Center and everyone who helped pull off this success.

See LOCAL Page 4

FOOD RECALL



Peter Pan pulled from commissary shelves

Buyers can return jars for full refund

DeCA press release

Commissaries throughout Europe have been directed to remove all Peter Pan peanut butter from their shelves based on a Food and Drug Administration warning issued Feb. 14. FDA warns consumers not to eat certain jars of Peter Pan peanut butter due to risk of contamination with Salmonella Tennessee, a bacterium that causes foodborne illness. The affected jars of peanut butter have a product code on the lid of the jar that begins with the number "2111." Any commissary customers who have this product at home are asked to return it to the store where purchased for a full refund. Any unused portions of the product should not be consumed. Symptoms of foodborne illness caused by Salmonella include fever, diarrhea, and abdominal cramps. In persons with poor underlying health or weakened immune systems, Salmonella can invade the bloodstream and cause life-threatening infections. Individuals who have recently eaten Peter Pan peanut butter beginning with product code 2111 and have experienced any of these symptoms should contact their doctor or health care provider immediately.

Garrison youth strut PX fashions on runway

by JODIWARD
Staff writer

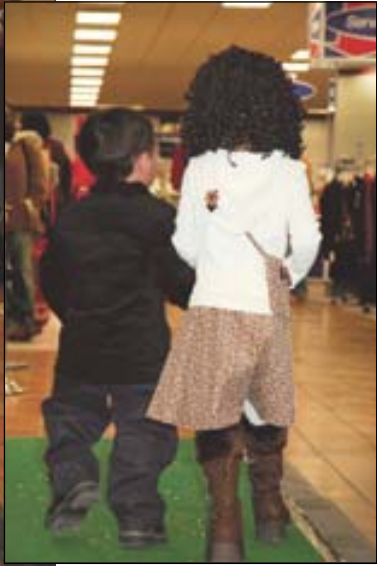
A deejay spinning tunes, fresh-faced teen models strutting their stuff down the catwalk in the latest fashions. While you're much more likely to glimpse this scene in New York, Milan, or Paris, it took place Feb. 4 at the Vilseck PX, compliments of AAFES and local teen "models." Half a world away from the Olympus Fashion Week shows in the Big Apple, Vilseck teens struck a pose, vogue-ing down the runway in brand name clothing for an audience of shoppers. These teens appeared to be runway naturals, stylishly showcasing the brand name clothing available for purchase in the PX, seemingly unbothered by their families' flashing cameras or the brushing past of Sunday shoppers making their way in and out of the store. The show all began with a survey, asking teens what styles and brand names they would like to see on the racks at the PX. Since then, Cristina Salvador—a Grafenwoehr Teen Center Child & Youth Program assistant technology lead and organizer/emcee of the show—has been working with AAFES to get local teens involved in the community. Her first project? The fashion show. Salvador said that holding a fashion show was one way to show teens how much fun they can have when they get involved with the community. And it seems to have worked. Since completing this project, many of the teens have decided to register with CYS and join the Keystone Tigers, a club that gives teens the opportunity to assist with community events and teaches them leadership skills.

See KIDS Page 4



(Left) 18-year-old Rex Ray showed off PX clothing during the Feb. 4 fashion show.

(Bottom) Francisco Lorenzana, 2, and Renee Christian, 4, modeled toddler fashion.



The Rubber Band Range

Approximately 76 Cub Scouts, 81 parents and leaders, and 50 siblings and volunteers attended this year's Alaska Days Feb. 10 at Grafenwoehr's Dichauter Lake. The rubber band range (right) allowed the Scouts to try their hand at target shooting and was one of several activities during the day-long activities.

photo by Sue Bluhm



More FY07 transformations announced

USAREUR news release

U.S. Army, Europe will inactivate one of its long-standing, historically significant combat units, the 1st Squadron, 1st Cavalry Regiment, 1st Armored Division, located in Buedingen, in Fiscal Year 07, at the direction of the Department of the Army. Also in FY07, USAREUR will relocate units within theater; convert and inactivate units to build modular organizations; return designated units to the United States; and establish a Theater Sustainment Command in Kaiserslautern to provide theater-level logistics planning and distribution management capability. These actions will allow USAREUR to continue to consolidate assets at enduring locations and support Army transformation and the Department of Defense's overall plan to increase strategic responsiveness in the face of threats posed by the Global War on Terrorism. As a result of these unit actions, there will be a reduction of approximately 1,233 Soldiers and 1,845 family members in Germany. In addition, the U.S. Army population in

Italy will decrease by 46 Soldiers and 69 family members, and the Netherlands will experience a reduction of 26 Soldiers and approximately 69 family members. In Mons, Belgium, U.S. Army NATO Brigade is reorganizing to a more efficient structure as a result of a U.S. Army initiative to civilianize support functions to increase military personnel in combat formations Army wide. The brigade headquarters will relocate to Heidelberg to maximize synergy with the USAREUR staff. Belgium will lose approximately 168 Soldiers, 44 U.S. civilian employees, and 318 family members. Of these, approximately 34 Soldiers, 34 U.S. civilian employees, and 102 family members will relocate from Belgium to Germany. The impact on both military and civilian personnel will vary, based on the disposition of their units as outlined below. **Units inactivating** 1st Squadron, 1st Cavalry Regiment, Buedingen HHD and B Company, 226th Medical Logistics Battalion, Kaiserslautern

Units relocating within theater Headquarters and Headquarters Detachment, 191st Ordnance Battalion, Kaiserslautern, relocates to Bamberg 574th Supply Company, Mannheim, relocates to Grafenwoehr 1st Inland Cargo Transfer Company, Kaiserslautern, relocates to Grafenwoehr 5th Maintenance Company (Ordnance), Kaiserslautern, relocates to Grafenwoehr Headquarters and Headquarters Detachment, 709th Military Police Battalion, Hanau, relocates to Grafenwoehr Bravo Company, 501st Military Intelligence Battalion, Wackernheim, relocates to Baumholder Bravo Company, 141st Signal Battalion, Wiesbaden, relocates to Baumholder **Units returning to the Continental United States** 4th Platoon, B Company, 249th Engineer Battalion, Schwetzingen **Units converting to modular units**

See ADDITIONAL Page 4

Q&A

Why do you think it is important to celebrate Black History Month?



Spc. Leonard Holmes
"Because you want to share all sides of history and what part we brought to it. There's more to Black History Month than Martin Luther King."

Kori Buccheit
"It is a vital section in the fabric of our American history. African Americans have added so many wonderful things to our country."



Kimberly Rawlins
"We should celebrate in remembrance of what earlier Black Americans went through. We're not just celebrating the people, but also what they stood for."

Charles Roell
"It is a good idea to keep these issues in peoples' minds and that we always recognize the struggles they went through."



Maurice Harris
"It's important because black people have done a lot in the past that we haven't been recognized for."

Glenda Young
"We should celebrate because, like Martin Luther King, there are a lot of African Americans that should be recognized."



Pfc. Darryl Cummings
"I really don't celebrate it."

Helen Dehart
"As part of our national consciousness, I think it is important to embrace and celebrate the sacrifices and contributions..."



Bond formed by wounded warriors crosses generations

Special to American Forces Press Service

Hey doc, when am I going upstairs? Hey doc, this bed is uncomfortable, when am I going to be admitted?"

A feisty elderly gentleman we'll call Morris (name changed for confidentiality) was in Bed 3 of Brooke Army Medical Center, one of the busiest emergency departments in the military. He kept a constant barrage of running commentary on how long he had been waiting to go upstairs to complete his chest pain work up.

Morris was an 80-year-old retired World War II veteran. After I had spent a grueling afternoon shift seeing dozens of sick and injured people of all ages, his relentless haranguing was wearing me out.

I am a second-year resident in a three-year training program emergency medicine. And that day, this man's incessant jawing had me at the point of exasperation. Then, like it has many times before, the arrival of troops wounded in Iraq changed the mood in the department.

The constant chatter and hum of a busy emergency department halted in an instant as soon as the doors opened. The sight of bandaged and burned soldiers brought in on field stretchers accompanied by flight docs and medics wearing desert camouflage brought conversation to a standstill.

You could hear the whispers: "Are those guys from Iraq?"

Previously summoned specialists arrived in droves to get these soldiers, airmen and Marines admitted or taken to operating rooms. The whole hospital hums with activity when a transport comes in. No one ever wants to be remembered as the one who didn't give aid and comfort to a wounded comrade.

Battle-hardened desert veterans, as well as those not yet tested, surround the newly arrived with greetings and encouragement. Some well-intentioned family member of a patient in the department went out to the waiting room to spread the news of wounded soldiers in the department.

People waiting with sniffles and minor

complaints looked embarrassed when they heard the news, some left. Complaints about wait times usually don't happen on days like this.

Some startled patients stared with visible discomfort at the sight of war wounded. The nurses and techs closed the curtains to raise a shield of privacy for the wounded soldiers and normalcy returned to the emergency department.

My trance of observation was broken by the sounds of the formerly complaining Morris trying to climb off of his gurney. "Get me out of here!" he yelled. I turned and saw Morris trying to get up and off of the gurney. Before I could ask, he said: "Give my bed to one of those soldiers. I'm not taking a bed away from one of those guys!"

Morris had tears in his eyes and was overwrought with emotion looking at the line of soldiers waiting in wheelchairs and on stretchers. The incoming soldiers could see Morris and heard this old veteran of

Normandy and Bastogne trying to give up his bed for them.

Morris was reassured numerous times that the wounded soldiers would be cared for, and after extensive negotiation he agreed not to leave. And we never heard another complaint from him.

Compared to soldiers from the Vietnam era, these recently wounded soldiers will have a very different homecoming story to tell future generations. I'll never forget Morris, and I doubt they will either. Different eras, but the bond of warriors crosses generations.

As an Army emergency medicine resident, I am reminded every day that we are a country at war. From the staff physicians in constant rotations, to Iraq and Afghanistan, to the wounded warriors who fill our wards and rehabilitation centers at Brooke Army Medical Center, the thought of war and its consequence permeates my experience as an Army physician. I see the news reports of wounded in Iraq and Afghanistan, and hours later they come through the doors, flown in for intensive and sometimes long-term care.

Just MY opinion!
BY
Capt. Sean Meadows

Is "World Peace" answer acceptable in war debates?



JACEY ECKHART
On the Homefront

For the past few months I've been hosting a weekly radio show for military families. We pass on the gouge about moving surly teenagers and avoiding your mother-in-law and keeping your marriage hot enough to fry eggs. We're not exactly "Meet the Press" here. My heavens, our favorite guest was Elmo.

So I was stymied last week during the taping when one of the regular guests asked me how I felt about the President's \$5.6 billion proposal to send five more combat brigades to Iraq.

"How do I feel about it? How do I FEEL about it?" I stammered for awhile. Hedged. Pontificated. Stopped the taping. Although I am a person with a thousand strong opinions about everything, I could not think of a single reasonable thing to say about sending more troops to Iraq.

Our guest gave me a look like she thought I

was trying to be Miss Congeniality, trying not to make any strong statements, trying to get along with everybody so that they'd vote for me as the nicest, sweetest, coolest girl at the pageant!

Gag me.

In fact, I felt completely gagged. It wasn't that I hadn't read Bush's proposal or that I didn't have an opinion one way or the other about sending more troops overseas. Anyone with a spouse available to send overseas (again) has an opinion.

It was just that lately I've noticed that even private conversations about the war have gotten treacherous. Outside my own husband and children, I don't have an opinion about the war. I don't even talk about this with my brothers or my oldest friends any more.

Because these days I can't predict what side anyone is on. I can't predict how close I am to having a fist fight. Right after 9/11 people had a thousand opinions about the war - we would win the war in Iraq in three days. Or we should only aim to hold the ports and control the flow of oil. Or even that we should nuke 'em till they glow. We'd argue, but we'd at least exchange ideas.

I haven't heard any theory on the war from a person outside the media since last summer. It's like we've become more comfortable

An intangible benefit this Army hospital offers to men and women wounded on today's battlefields is contact with other veterans. I have seen soldiers from World War II, Korea, Vietnam, the first Desert Storm, and assorted other conflicts talking to and encouraging these young warriors.

One of the most poignant memories of my residency was when I saw a young burned soldier with a right leg amputation and a badly broken left leg being confronted by a boisterous man in his 50s saying, "Hey, did you lose your leg in Iraq?" The soldier mumbled "yes," and the man said, "Hey, look, I lost my arm in Vietnam." He produced his stump, and they spent the next 30 minutes talking together in a way I could never connect with either one.

I am ever aware of the consequences of war and how life changes in an instant by my daily encounters with these patients. I have never heard a combat wounded patient say they wish they hadn't gone to war. Even the most horribly burned and wounded that I have met want to rejoin their buddies and go back. Their strength sustains me as I tend to them in the intensive care unit and on the wards.

My lack of sleep and long schedule gets put into perspective as I see why I train. It's hard to grumble when you see a man with extensive injuries battle pain and infection and endure multiple surgeries without complaint.

Many people are unaware that we are taking care of wounded soldiers here at Brooke Army Medical Center. More than 2,400 wounded, burned and injured servicemen and women have been treated here since the global war on terrorism started. For some of them the battle is far from over; they face life-threatening infections from bacteria indigenous to Iraq as well as the burns and trauma they have suffered.

Though we weren't there when they were wounded, we join them on their new battleground committed to restoring them. We do anything we can for them. As we all are reminded daily, they fought for us, now we fight for them.

Army Capt. Sean Meadows is assigned to Brooke Army Medical Center, Fort Sam Houston, in San Antonio.

Soldier and family time policy updated

Giving Soldiers time off to spend with their families is an important part of our military culture.

Our current OPTEMPO, however, often prevents Soldiers from taking advantage of the old policy, which allowed them to leave work at 1500 every Thursday. For this reason, I have changed USAREUR policy on Soldier and Family Time.

The old policy has been replaced with one that gives as many Soldiers as possible the opportunity to spend time with their families. The new policy increases the number of training holidays so that Soldiers will have at least one 4-day weekend every month.

As with any change, the change described above will take time for us to adjust. I ask leaders at all levels to support this new policy and ensure our Soldiers and their families understand the reason why we are doing this: to give Soldiers and their families more predictability when it comes to spending time together.

General David McKiernan
Commander, USAREUR

See **WORLD PEACE** Page 12

Bavarian News

Grafenwoehr • Hohenfels • Vilseck

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Congratulations Grafenwoehr Middle School honor roll students

High Honor roll 6th

Alston, Logan N
Brunson, Kelsi
Buchanan II, Leon
Burbelo, Elsa E
Callaghan McCann, Michaela V
Coleman, Chiara D
Core, Carlie R
Cormier, Christopher M
Davis, Jeffrey G
Edwards, Quinton C
Florance, Kyle M
Gallardo, Gabriel R
Holland, Danielle D
Howard, Shralondra A
Kirkham, Stuart J
Koslosky, Chris L
Leming, Thomas F
Martin, Jazzmin A
Morris, Melissa H
Ragay, Michelle C
Royal, Chasity E
Schaffer, Sarah E
Serrano, Austen A
Singh, Deepika A
Smith, Nancy V
Smith, Sharon A
Thornbrugh, Sage M
Tilzey, Stephen D
Todd, Connor M
Trevino, Cathleen M
Vertz, Kiana S
Villalon, Benjamin D
Watts, Brandi C
White, Katelyn R
Wills, Courtney C

Honor roll 6th

Bartow, Nathaniel A
Baumann, Lindsay
Bruce, Christina N
Campbell, Carlton A
Carr, Trevor A
Castleberry, Rachel K
Chavez-Wertz, Monique N
Cormier, Mark A
Delapaz, Angela D
Dixon, James C
Elson, Dartanyan L

VES prepping for annual fun-filled Red Hot Readers Month

Special to the Bavarian News

2006 is the 50th anniversary of *The Cat in the Hat* by Dr. Seuss and the 10th anniversary of *Read Across America Day*! Vilseck Elementary School will celebrate Dr. Seuss’ birthday March 2 along with students all across the U.S. VES will honor Seuss by reading his books and participating in a door decorating.

In the evening children, parents

Falsig, Therese H
Floyd, Billy R
Hargrove, Tyler M
Hicks, Diana G
Kirkham, Stuart J
Knight, Caleb W
Levasseur, Christopher R
Luuga, Manusamoa J
McIntire, Ashlea G
Merrill, Isaiah R
Miller, Dakota J
Moody, Shakeima I
Olson, James E
O’Neal, Aysha B
Pomares Echevarria, Marian
Pontious, Pagen R
Ramos, Victor J
Robinson, Taylor D
Rodriguez, Elizabeth M
Rodriguez, Frances M
Russell, Tylor J
Sharon, Aria C
Taylor, Meagan R
Windsor, Lekeiya Q

High Honor roll 7th

Albright, Sharon N
Barta, Gabor K
Blaser, Scarlett P
Cass, Emilie E
Castillo, Elizabeth V
Chroman, Connor G
Cooper, Katharine E
Crusing, Timothy S
Davidson, Alisha N
Dayton, William C
Dinges, Luke A
Fassett, Jacquelyn M
Fong, Krystal Y
Goodman, Amanda R
Hargis, Shania N
Hickman, Calvin J
Hoover, Maxwell L
Imber, Dwayne C
Kander, Troy A
Kellas, Phillip M
Kirk, Tyler A
Kyle, Lindsay J
Lavallais Hocker, Ashley R
Lee, Uriel E

Leming, Christian D
Lyde, Darre’Auna
Maitner, Amy C
Moore, Megan N
Murry, Jamila J
Najdawi, Mariah C
Naterlin, Michael R
Odom, Andria L
Rael, Ariana M
Ramirez, Natalia M
Roberts, Lisa-Marie N
Rockwell, Stephenie E
RodriguezArgueta, Marcella K
Russell, Jared P
Selders, Xavier B
Spiritty, Belinda G
Stokes, Shakia A
Tilton, Scott A
Toomey, Lisa M
Watson, Damon L
Watson, Leah K
Whitney, Patrick A
Wood, John C

Honor roll 7th

Bartolotto, Emily E
Borrero, David
Brown, Shelby J
Castro, Georgianna A
Cohen, Chanelle R
Eldredge, Dakota F
Gripentrog, John E
Haynes, Eric L
Henderson, Amanda L
Jackson, Yuya
Lomonaco, Derrick
Luuga, Sarahfina V
Morris, Mariah C
Ozuna, Edward L
Payne, Jazmin L
Powers, Stefanie U
Prater, Rebekah K
Ramella, Sharon M
Vance, Bianca M
Walker, Dmitri D

Honor roll 8th

Beckenhauer, Michelle K
Bias, Patrick R
Caffrey, Elisa B
Carriker, Sara B
Cormier, Jacqueline M
Dunn, Althea M
Gray, Dane M
Guischard, Renee T
Hendricks, Ashlia J
Imber, Lisa M
Jordan, Ericka E
Miranda, Roberto F
Nelson, Christopher
Nguyen, Jimmy K
Pressley, Jasmine L
Rivera, Sheila V
Rodriguez, Christine A
Schobin, Danica J
Stratton, Emily
Taylor, Chelsea D
Tilton, Stephanie D
Todd, Cole A
Toohey, Erin C
Touzinsky, Karina V
Villalon, Maxianne D
White, Megan E

Agee, Tiffany L
Alston, Jarrod L
Barnett, Emily K
Baugh, Tatjana
Blunt, Alexandria L
Conley, Brittany N
Cook, Kayla W
Elliott, Lindsey M
Griggs, Leah K
Horn, Aaron M
Jarquin, Kolby D
Jones, Danielle K
Kiechler, Colleen M
Lawhorn, Ronald T
Lee, Christian H
Montanez, Zenon M
Mosley, Roszell
Muzzy, Anna K
Orta, Gabriela E
RodriguezArgueta, Josie R
Ryan, Jeremy T
Thomas, Teikera L
Trevino, Theresa M

High Honor roll 8th

March 29 is Book Character Dress-Up Day and the final Red Hot Readers assembly. Students and teachers are invited to come to school dressed up as their favorite book character. The culminating event of the month will be on March 30. Two Readers Theater programs will be held at the Post Theater 9-10 a.m. and one at 1-2 p.m.. The performances will feature classes performing poetry and choral readings. Parents are invited to attend.

Spotlight on Education



Name: Michele Mirabal

What grade/subject do you teach? 4/5 multi-age

Hometown: My dad was in the Air Force, therefore I am a traveler with no hometown.

How long have you been a teacher? since Dec. 2004

What do you like best about teaching? Creating lesson plans. I enjoy finding creative ways to teaching the standards to my students.

What advice can you give students to help them succeed in school? You must have a positive attitude towards learning. You must participate, and cooperate.

Healthy Empowerment

Dear Demetrius, I have been trying to eat “healthy” but it seems like we are eating the same foods over and over again. Not only do I tend to get tired of it myself but my husband is starting to lead the children in a revolt! Can you lead our “peace talks”.

Needing Flavor in this Old Food, Andrea,

- Dear Andrea, I totally understand what you are saying. I remember one time when I first started cooking I made this sweet-potato pie. My wife was so excited to have a slice...but I did not tell her I made it with pretty much no fat and no sugar. I think I heard her heart break when she tasted it. Try these three tips:
- 1) Keep an eye out for those grocery store sales papers (and coupons). These sales are the perfect opportunity to try a new type of fruit/vegetable or retry an old favorite.
 - 2) In addition, utilize these sale papers to try a “Low-Fat”, “Heart Healthy” and/or “Sugar Free” product that you have not or normally would not try. It is amazing how much more open minded we are to new things when we can save a little bit of money when trying them.
 - 3) Get a healthy cooking recipe book. The family can take turns picking out different recipes to try.

Send your nutrition and fitness questions to usaggnews@EUR.army.mil. Demetrius Willis is a registered dietician and a certified personal trainer.

A fond farewell ...

Vilseck High School principal Robert Sennett is lauded at the installation’s post theater during a Feb. 9 pep rally and farewell ceremony. After seven years of service as the VHS principal, Sennett will serve as the princinal of the Seoul High School in South Korea. He was honored with speeches by students, faculty, the U.S. Army Garrison Grafenwoehr Commander Col. Brian Boyle, and the Joint Multinational Training Center Commander Brig. Gen. David Perkins. Sennett was presented with several awards, including the Army Commendation Medal from Perkins and a VHS plaque by the students. The celebration was highlighted by performances by the VHS color guard and cheerleaders.

Courtesy photos



Grafenwoehr takes Army's highest award for environmental efforts

by SETH ROBSON

Stars & Stripes, European edition

Environmental protection programs inside Grafenwoehr's training area have been awarded the secretary of the Army's highest environmental award for overseas installations. Keith Eastin, assistant secretary of the Army for installations and environment, presented the award for environmental quality to U.S. Army Garrison Grafenwoehr Commander Col. Brian Boyle Feb. 8.

"The U.S. Army has a very high reputation for its environmental actions around the country and throughout the world. We go out of our way to do more than we are expected to do for the environment," Eastin said.

Stefan Haertel, acting chief of Grafenwoehr's Department of Public Works Environmental Division, said the award recognizes programs that go beyond environmental protection.

"They want to see that we reach out to the community to make environmental protection easy for the Soldiers who come to Grafenwoehr," he said.

The Environmental Division, which has a \$4 million budget and a 15-person staff, has

introduced a range of measures to safeguard water and soil and protect threatened species in the training area. Among them:

- Reviewing the impact of Strykers on the training area compared to tanks and other tracked vehicles.
- 20 concrete refueling pads to prevent oil and other toxic substances leaking into water and soil.
- A \$600,000 hard-target holding area where up to 150 old tanks are stored before they are sent to the range as targets. Hazardous substances such as fuel batteries and grease are removed before the tanks go to the range.
- A tunnel that allows animals, including beavers, frogs and boars to cross safely underneath the tank trail.
- Habitats for bats and owls in old electrical transformer towers and basements of abandoned villages in the training area.

More than 700 threatened or endangered species are found in the training area, including the yellow-bellied toad, blue-winged grasshopper, black storks and osprey. Last year, foresters reported seeing geese in the training area — something that had not happened for centuries, Haertel said.



Keith Eastin (center holding plaque) presented the awarded Feb. 8. Courtesy photo

Local blood drive said to be a record breaker

Continued From Page 1

"I am very pleased (with the results)," said Rice. "The Soldiers have such a great volunteer spirit. This wouldn't have been possible with out them."

Hollins said that the idea of holding such a large-scale event came after an un-named 2SCR Soldier donated blood during a visit to Landstuhl Regional Medical Center and suggested that the USAREUR Blood Donor Center make a trip up to Vilseck.

Because of the unprecedented number of donors expected, the Blood Donor Center sought help from the 212th Combat Support Hospital and the 226th Medical Logistics Battalion. The 232d Air Ambulance Company was employed to fly cases of donated blood back to Landstuhl for processing.

"We have the Air Force, Navy, and Army all working together to make this event successful," said the USAREUR Blood Donor Center Chief Air Force Capt. Philip Bossart. "We



Staff photo by Jodi Ward

Naval Reservist Petty Officer 2nd Class Brian King draws blood from 4-2 SCR donor, Sgt. Jason Baker of Troop N..

are all on the same team."

Attributing the drive's success to a "team" mentality, Bossart said, "It's the camaraderie that makes these events so successful."

"When we donate blood we can truly say that we are helping our military brothers and sisters."

The donated blood will help the Strykers' fellow troops, as it travels

to wherever it is needed, to "everybody in theater," said Bossart.

"From Kosovo to Italy, Landstuhl, and even to some undisclosed areas," he explained

And that is the reason Capt. Edd Harrison, of 2SCR's 2-4 Troop M, donated.

"I'm giving blood to help my fellow service members downrange," he said.

2SCR Soldier 1st Sgt. Ruth Eggert, said that "just making a visit to Landstuhl would motivate one to

donate.

"It makes you want to do your part," she said, while waiting in line for a pre-donation screening Feb. 7.

While it is great so many people turned out to give blood and show their support, Bossart said there is an ongoing need for blood and encouraged people to give regularly.

Donated blood has a shelf life of only 42 days. Because blood is perishable, new donations are needed daily, he said.

2SCR is planning its next blood drive in November.

Did You Know

Q: About 60 percent of the U.S. population is eligible to give blood. In any given year, only about __ percent actually donate.

A: The correct answer is 5 percent. Shocking but true - Only 5 percent of the eligible population in the U.S. actually gives blood in a given year.

Additional transformation moves announced

Continued From Page 1

Alpha Company, 226th Medical Logistics Battalion, Kaiserslautern, converts to 8th Medical Logistics Company

421st Medical Battalion, Wiesbaden, converts to a modular multi-functional medical battalion

U.S. Army NATO Brigade

The U.S. Army NATO Brigade is reorganizing to a more efficient structure as a result of a U.S. Army initiative to civilianize support functions in order to increase military personnel in combat formations Army wide. The brigade headquarters will relocate to Heidelberg to maximize synergy with the USAREUR staff.

The brigade's three subordinate battalions are AFNORTH (Brunssum, Netherlands), AFSOUTH (Naples, Italy), and SHAPE (Mons, Belgium). They will reorganize under a more efficient structure.

For more information, contact Maj. Michael Indovina at telephone +49 6221 57 5472 or e-mail Michael.indovina@lahd.nato.int

Theater Sustainment Command

USAREUR will establish a Theater Sustainment Command located in Kaiserslautern to provide theater-level logistics planning and distribution management capabilities and to provide logistics command and

control for logistics units assigned to USAREUR.

Personnel Services Delivery Redesign

USAREUR is undergoing implementation of the PSDR as a result of a recent Department of the Army initiative to improve efficiency and effectiveness of human resource management and provide greater flexibility to battalion and brigade commanders.

The military human resources functions and designated military assets of the personnel detachments will be transferred to existing combat and support brigades and battalions.

Non-deployable peacetime work currently performed by civilian

employees will remain unchanged and be realigned with 1st Personnel Command until they are transferred to the Installation Management Command - Europe at a later date. 1st PERSCOM will reduce its military work force from 139 to 68 military personnel. Civilian employees of inactivated units will be realigned to support the implementation of PSDR.

As a result, the following inactivate:

38 th Personnel Battalion, Bamberg	Services
55 th Personnel Battalion, Hanau	Services
90 th Personnel Battalion, Baumholder	Services
64 th Replacement Co., Hanau	

Kids walk the walk at fashion show

Continued From Page 1

"They had so much fun with this event that they were already asking me when I would coordinate another one," said Salvador. "(When they asked) I became very ecstatic, because the teens have become eager to be a part of future events for the community," she said.

Salvador said she "felt like a proud mama," not only because her young son Francisco modeled toddler fashions in the show, but because of all of the teens who worked so hard to make the event a success.

Participants:

Francisco Lorenzana (age 2)
Renee' Christian (age 4)
Mary Nash (age 17)
Rex Ray (age 18)
Jennifer Meredith (age 17)
John Garrison (age 19)
Nicole Lewis (age 16)
Kenneth Blatchford (age 18)
Nadia Kastner (age 15)
Jayde "Scooby" Graham (age 18)
Chi-Koby Murry (age 17)
Cassie Blakeney (age 16)
Quartney Cohen (age 14)

Brownies, Girl Scouts hold Mardi Gras dinner, dance

Special to the Bavarian News

On Feb. 10, the Vilseck Brownie Girl Scouts Troop 298 / 034 held their 2007 Mardi Gras Dinner Dance at the Lohbrauwinkel Hotel in Weierhammer.

The girls were required to plan and host an event to earn one of their badges. Since it was February and Fashing time, the girls chose Mardi Gras for their theme.

All aspects of the planning and preparation were carried out by the girls themselves. They created the mask centerpieces, colored posters, and beaded necklaces as decorations.

They also planned the menu, learned how to properly use the utensils, how to place the napkin, made invitations, discussed manners, practiced their speeches, and learned about Mardi Gras history.

Dressed in their fanciest dresses, the girls welcomed guests at the door and seated them, then gave welcome speeches. They also presented a history of Mardi Gras and performed a scarf dance. This dance was the final requirement for their dance badge.

"The girls worked on holding their heads high and marching out to form a circle, which is easier said than done with 17 7-8 year olds," Amy

Thompson said.

The girls drew names to determine who was responsible for each task during the welcome speeches. They introduced 2SCR Regimental Commander Col. John RisCassi, led the pledge of allegiance and Girl Scout pledge, and informed the guests of the history of Mardi Gras. RisCassi also gave a speech, this one just to the Girl Scouts onstage with him.

"He told them how important their role as girl scouts in our community is," Thompson said. "He talked about how Soldiers far away from home smile when they see Girl Scouts

because it reminds them of their homes and families.

RisCassi called each girl on stage to personally award the try-it badges they had earned.

After the speeches and awards, the guests enjoyed a buffet dinner, where a Mardi Gras king cake was served.

New Orleans tradition dictates that the cake has a plastic baby hidden inside, and whoever ends up with the baby in his piece is crowned king. Three coins replaced the plastic baby, and two kings and a queen were crowned and given star-shaped scepters.

What happens when Punxsutawney Phil doesn't find his famed shadow?

Old Punxsutawney Phil didn't see his shadow on Groundhog Day, and while his prediction has proven to be wrong back home, he was right on the mark in Bavaria.

With blue skies, warm temperatures, and the return of the song birds, spring has clearly come early this year.

Everyone in Hohenfels is in a great mood thanks not only to the weather, but also to the return of three units from downrange.

The community was pleased to welcome home 3/615 Military Police Company, C/1-4 Infantry and the NPTT teams.



Our post has been awash in yellow ribbons, welcome home banners, and the latest trend in welcome home communications – plastic cup mosaics in chain link fences. You've got to love American ingenuity!

With all of that block leave time on your hands, please come out to The Zone and join us for a free Armed Forces Entertainment concert.

On tomorrow (Thursday, Feb. 22) at 7 p.m., a Southern rock band called the Hum Drum Band will be performing free at The Zone.

You can follow that up on Friday and Saturday when Hohenfels holds its inaugural Post Bowling Championship at the Lane 17 Bowling Center. A \$5 entry fee will secure your spot in the championship with a chance to have your name immortalized on the

center's new Wall of Fame.

This spring also brings several large training events to Hohenfels. Throughout the month of March, the post will be filled with Soldiers from the Southern European Task Force's 173rd Airborne Brigade.

We are going to try something new during this rotation. Gate 3 will remain open on X-days and drivers will be allowed to travel on the Schmidmuehlen Road but will be subject to being stopped and searched by BLUFOR units.

Drivers will be warned at Gate 3 and ACP 6 that, if they proceed, they are entering a training event and are required to obey the traffic signals of all Soldiers at checkpoints.

Since POV traffic is part of the environment downrange, traffic on the Schmidmuehlen Road will enhance the

training environment.

Drivers choosing not to participate will have to drive around through Rohrbach, as if Gate 3 and ACP 6 were closed.

Finally, please take a moment of your day to say a little prayer for the Soldiers of B/1-4 Inf. who have just recently assumed the Afghanistan mission from C/1-4 Inf.

If you get the chance, give a deployed Soldier's child a ride to a school event, coach a YS sports team, or have a deployed Soldier's family over for dinner.

Every little bit helps!

*Lt. Col. James Matheson
Commander, U.S. Army
Garrison Hohenfels*

Don't miss Wild West Night

Story and photo by ALLISON ADLER

Special to the Bavarian News

Get out your ten-gallon hat and your cowboy boots – it's Wild West Night time again!

On March 10 at The Zone, the Community and Spouses' Club will be hosting one of the biggest nights of the year in Hohenfels.

If you attended Wild West Night in the last few years you know that this night promises to be tons of fun.

In case you are one of the few who haven't heard of Wild West Night, it is a night of fun for the whole community that raises money for some very worthy causes.

Your entrance donation buys you gaming chips which you can use to play at one of the many game tables.

There will be blackjack, Texas Hold'em, roulette, poker, and Let it Ride.

Participants then take their winnings to the jam-packed "Country Store" to turn them in for all sorts of great items. The excitement does not stop with the games.

There will be a silent auction with some gift baskets for prizes, opportunity drawings, the popular Beer Walk game, line dancing, a jail to lock up whomever you see fit, and much more.

All profits from Wild West Night go to the HCSC Welfare Fund, which uses them to give out grants to many worthy organizations. In the past HCSC has supported such organizations as the Boy Scouts and Girl Scouts, JROTC, the



All proceeds benefit the Hohenfels community in the form of student scholarships and grants to various organizations.

SNAP Program, Child and Youth Services, the Hurricanes swim team, Odyssey of the Mind, the Fisher House, and many others.

The club also gives thousands of dollars in

scholarships every year to many military family members.

So, mosey on out to have a great time while supporting the Hohenfels community.

Grow wealth, not debt, with Military Saves

by AMY BERNATH

Hohenfels ACS

"Grow wealth, not debt" is the theme of the first ever Department of Defense Military Saves Week Saturday through March 4.

In light of recent concerns about widespread abuse of military borrowers by predatory lenders, this week-long campaign focuses on establishing emergency funds for unexpected needs today, as well as savings funds for future objectives and retirement tomorrow.

The ultimate goal is to eliminate the need for service members to resort to expensive short-term borrowing. "Recent studies show us that military personnel are three times as likely as civilians to be victims of payday lenders," said Amy Bernath, Consumer Affairs and Finance Program Manager at Army Community Services, Hohenfels.

According to The Center for Responsible Lending, a nonprofit, nonpartisan research and policy organization dedicated to eliminating abusive financial practices, military bases are like big fishponds to payday lenders – full of young, financially inexperienced families trying to get by on modest pay.

"An adequate emergency fund does away with a Soldier's need to fall prey to payday lenders and high interest loans," said Bernath. "Every Soldier and military family should have an emergency fund, preferably equal to three month's pay. That's your best defense against life's gotcha's, not pricey payday loans."

Long term investment needs are also highlighted in the campaign, with a particular emphasis on the Thrift Savings Plan.

"We all know that we should be setting aside money for emergencies and retirement," she said. "Knowing and doing are two different things, however."

"During Military Saves Week, we hope to teach strategies and techniques to help Soldiers set up a savings program, establish an emergency fund, and begin investing for retirement," said Bernath.

STUDY:
Service members are three times as likely to become victims of payday lenders.

First Fridays a time for fellowship



(From left) Julie Fisher, Patty Wells, Jennifer Hammer, Mary Fitter, Shana Bryant, Isabel Parker, and Amanda Hoffer attend a First Friday Fellowship at Hohenfels.

by Chaplain (Maj.) GAIL PORTER

Hohenfels Family Life Chaplain

First Friday Fellowship provides the Catholic Women of the Chapel a time of fellowship, food, and study.

The first part involves food, fellowship, and prayer with the women who have come for the program. The last part involves listening to a speaker address various topics each month.

Mary Fitter, parish coordinator for the Catholic congregation, always makes a point to attend the First Friday gathering.

"It gives me a chance to remember Christ's Passion the First Friday of each month," said Fitter.

"First Friday is a devotion to the Sacred Heart of Jesus," said Chaplain (Lt. Col.) Mitch Wilk, the Catholic chaplain at Hohenfels. "We conclude the celebration with confession and mass at the Main Post Chapel."

The next First Friday Program is March 2 at 5 p.m. The program will involve going through the Stations of Cross from the perspective of Mary as Jesus' mother.

It will be led by the women of CWOC. Soup and bread will be served afterwards as the fellowship meal.

Call DSN 466-2226 for more information.

Hohenfels' seniors enjoy private lunch privilege, thanks to DFAC

by ALEX LEMASTERS

Special to the Bavarian News

Once a month the USAG-Hohenfels Dining Facility opens early specifically so seniors from Hohenfels High School can have the privilege of enjoying a private senior class lunch.

This is a big event for the Hohen-

fels students because HHS does not have an open campus and the garrison food court is not in close proximity to the high school.

School Liaison Officer Michele Wolff began the senior lunch tradition three years ago.

Wolff arranges the transportation and coordinates with the DFAC to open early so the students do not have

to worry about long lines and getting back to school on time.

"The garrison dining facility is perfect for lunch because it's close and quick," said senior class sponsor B.J. Nicklin.

"We are very grateful to them for opening early and to Michele Wolff for coordinating this for the students."

"Being able to enjoy a lunch out

of school with fellow seniors is the reason I enjoy senior lunch," said senior Kenny Oberlin.

DFAC personnel express the same enjoyment toward the seniors.

"I don't mind opening up early for the high school seniors because they are respectful towards us and it makes us feel good knowing I'm helping out our youth," said Manuel Torrus, the

head cook at the dining faculty.

The senior's favorite food at the DFAC?

For many, it's the cheeseburger entrée and soft serve ice cream for dessert.

Before the seniors return to school, many load the bus gripping ice cream cones, appreciative to the DFAC for supporting this privilege.

HES recognizes honor roll students

by ELIZABETH MAULDIN
Special to the Bavarian News

On Feb. 9 Hohenfels Elementary School held its Awards Assembly at the post theater.

Students were recognized for exceptional academic achievement. Certificates were given to 4th, 5th, and 6th grade students who maintained all A's or all A's and B's on their report cards.

A Honor Roll Students:

6th Grade: Courtney Lenzner, Anna Mallard, Alexis Perryman, Demetri Petty, Erin Redden, Nicholas Reid, Elvia Salazar, Alejandra Sandoval

5th Grade: Joshua Halverson, Charlotte Hammer, Sierra Jackson, Rebecca McKiernan,

David Walrod, Maksym Zhelyeznyakov

4th Grade: Chase Anselmo, Gavin Maynard, Lexi Nunn, Anderson Peguero, Briana Scott, Ann Thomsen, Andrew Whittingham

A/B Honor Roll Students:

6th Grade: Julian Battley, Demetrius Craddock, Grant Gamble, Sydney Garcia, Mickayla Headrick, Anthony Holcomb, Dennis Horeth, William Karafa, Hector Ramirez, Shaina Ruiz, Shannon Ruiz, James Sablan, Kristin Stribbling, Halliah Tolbert, Tony Williams, Laquisha Wright

5th Grade: Brittany Albertson, Marquise Cheeseboro, Maria Chestnut, Nathan Davis, William Duvall, Maria Giorgatzis, Larissa Gooden, Andrea Grantham, Anthony Gray,

Yazmin Hernandez, Alexander Larumbe, Gabriella Mills, Julian Morales, Justin Reyes, Loraine Roberts, Robert Ryan, Lukas Sammler, Katie Sutton, Megan Trainer, Devon Wiegas

4th Grade: Melissa Astello, Liza Bermudez, Alayna Bryant, Cody Coon, Peyton Deogracias, Gregory Eaddy, Jeremiah Estrada, Jennifer Ford, Paul Hoffman, Olivia Jorgenson, Keera Pomerlee, Destiny Sanchez, Kalyn Sligh, Maggie Smith, Angelina Warner, Latisha Williams

In addition to honor roll students, recognition was given to students who participated in other academic programs.

Victoria Bone, Anna Mallard, and Alejandra Sandoval had an exhibit in the National History Day competition held earlier in the month.

In January, Anna Mallard won first place in the National Geographic Geography Bee.

William Duvall won second place in the bee, and Anthony Holcomb placed third.

Also in January, Alejandra Sandoval won first place in the PTA Spelling Bee, and Tanay Adams placed second.

Olaf Zwicker, principal of Hohenfels Elementary School, took a few minutes to recognize the support of the community, including School Liaison Officer Michele Wolff, Hohenfels' Garrison Commander Lt. Col. James Matheson, Mrs. Durr, and the PTA.

Their support of the school helps make the high number of academic awards possible.

Zwicker also acknowledged the help of counselor Cynthia Nicholson, who has been doing double duty in administration while the school awaits its new assistant principal, and Niesha Porter, the school secretary who will be leaving at the end of February.

Health Care at a Glance

Quality health services available on, off post

by GARRY BARROWS
Staff writer

Hohenfels' Health Clinic Commander Lt. Col. Robert Smith hopes the community is happy with the installation's top notch health clinic.

He feels it is right where it is supposed to be in providing excellent primary medical care for Soldiers and their families, as well as contractors, DoD, and DoDDS civilian personnel.

"We are a small community, and we take care of everyone," said Smith. But clearly there are rules, and there are exceptions to the rules.

While appointments are the preferred and recommended method for patients, unexpected circumstances do arise. The clinic has an on-call doctor for walk-ins.

And just as patients will experience emergency and last-minute issues, so do the staff.

Smith said there are days when patients have to wait up to two hours before being seen, and he asked for the community's understanding and patience.

He said that because Hohenfels is the Joint Military Readiness Center headquarters, it is not unusual for the clinic to have 10 Polish or Afghan soldiers in the waiting room at any given time.

In such an event, Smith, his staff, and the clinic might have to do what some consider "above and beyond the call of duty" in caring for these soldiers.

Smith does not consider this above and beyond, but simply his duty.

"When we're here, we're here," he said. "As long as you are patient, you will be seen."

He said he is comfortable with service the clinic offers and looks at the military health care program as a kind of "socialized medicine."

"We really get to practice medicine with our patients," he said. "We get to take care of people."

Smith said he is also content with his facility, personnel and equipment.

"We're not a new clinic on the outside, but we're brand new on the inside," he explained. "Our entire clinic has been totally renovated."

Some of the specialty services offered at the clinic include dermatological services two days a month. To obtain services, a referral from a staff member at the clinic is required.

Optometry services are also available about three times a month. Appointment information is available at the clinic's main desk, nurses station, or by calling DSN 466-4583.

Physical therapy is available at the clinic five days a week. No referrals are necessary, and appointments are available by calling DSN 466-1750/2505.

Smith, who is a pediatrician, said he feels that the clinic's **Well Baby** program has been embraced by the

community. The program is a preventive medicine program for newborns. Smith feels this kind of preemptive care is essential and can be a big factor in avoiding those midnight emergencies.

The Hohenfels Clinic also offers **Well Woman** and **Well Child** checkups.

The clinic has recently modified its hours:

Mon – Wed & Fri
0700-0730 Active Duty Sick Call/Sign in
0800-1700 (1500 on Fri) Full Service
1300-1400 (1330 on Fri) Community Sick Call/Sign in
*NOTE: Friday of a long weekend, 0800-1200
Thursdays
0700-1200 Training

1300-1400 Active Duty / Community Sick Call/Sign in
1300-1700 Full Service
Saturday
0800-1000 Sick Call (no appt. necessary)*
*Closed on long weekends

There will be times when specialty care or emergency care is needed. Smith suggests keeping the TRICARE 24-hour personal health care advisor (Nurse Advisory Line) phone number at hand: 0800-825-1600.

He said it is a logical and reasonable first step in any medical situation that occurs during non-clinic hours or in any circumstance that could escalate into a potentially serious situation.

Being aware of the services offered by the health care finder, the patient liaison consultant, and the TRICARE consultant at the clinic can save

community members a lot of time and aggravation when preparing for a hospital stay or reacting to a visit to the emergency room.

"If it's an emergency, you go to the ER", said health care finder Sonja Vass.

For medical questions after hours, in addition contacting the aforementioned TRICARE 24-hour personal health care advisor (Nurse Advisory Line), community members can contact the medical officer-of-the-day, or MOD, on call for emergency information by calling the Information Operations Center (CIV 09472-83-2819 after duty hours).

The IOC will take your name and number and contact the MOD, who will then contact you.

If patients do have to go to the emergency room and are covered by TRICARE, they will need to call the health benefits advisor or the health care finder and provide the details of the visit. The paperwork will be put into the system retroactively.

There are four civilian hospitals within driving distance of Hohenfels:

The Regensburg University Clinic, a level-one Trauma Center: CIV 0941-9440

The Burglengenfeld Kreis-krankenhaus: CIV 09471-7050

The Parsberg Kreis-krankenhaus: CIV 09492-6030

Neumarkt Kreiskrankenhaus: CIV 09181-4200

The Hohenfels Clinic has maps to each of the hospital displayed on the board outside the clinic's main door.

The clinic also offers online information packets on the hospitals at <http://www.grafenwoehr.army.mil/hohenfels/sites/community/clinic.asp>. Go to the bottom of the page and click on the name of the hospital.

With the variety of health care available to you and your family from the Hohenfels Clinic and on the economy, good health and peace of mind are only a phone call or visit away.

Important Health Care Phone Numbers

Civilian Access: 09472-83-XXXX

Central Appointments	466-1750/2505		
Social Work Services	466-4625	WIC	466-4601
Community Health Nurse	475-7418	Fire Dept	112
Pharmacy	466-4955	Fire (Military)	117
PATIENT REPRESENTATIVES		MILITARY POLICE	114
Chief Nurse	466-2502	DRK – Ambulance	19222
Commander	466-4190	Ambulance (Military)	116
Executive Officer	466-2738		
Clinic NCOIC	466-2601		
TRICARE			
Health Care Finder/ Health Benefits Advisor	466-4784/4538		
Service Center (Enrollments)	466-4528		
Host Nation Patient Liaison	466-4549/4191/4831		
Tricare 24 hour Personal Health Care Advisor (Nurse Advisory Line)	0800-825-1600		
Poison Control: 24 hours			
Germany:	0761-19240		
Washington DC:	00800-444-88444		

Working Together

courtesy photo

Special Recognition Awards were presented to Hohenfels' Assistant Fire Chief Stoeckl, Airfield Safety Director Chance Clagett and USAG Hohenfels Commander James Matheson by Herr Guenther Gruber, Director of the Association of Fire Departments of the Upper Palatinate (Oberfalz) during a Feb. 8 ceremony at Hohenfels.

Matheson said he was surprised by the award and believed it spoke to the good working relationship the post has with local and regional fire departments.

"When your (German) hosts value you to such a degree, it's a wonderful thing," said Matheson.



What’s Happening

Grafenwoehr/Vilseck Briefs

Celebrate Black History Month at Graf library

Today: Celebrate Black History Month at 6 p.m. in the USAG Grafenwoehr library.

The chorus of the German/ American Kontakt Club will present a live Gospel music concert and a showing of the documentary “The Story of Gospel Music.” For more information, call DSN: 475-1740.

Military Child Education Coalition workshops

■ **Thursday, 6 p.m., Vilseck High School - Creating a Student Portfolio with the Real World.** Parent to Parent has teamed up with the Real World to provide a series of workshops on preparing your high school student for the future.

Join us to learn how to prepare a portfolio that showcases your child’s academic and extracurricular achievements. Also a great way to organize records for those PCS moves. Look for upcoming portfolio workshops for middle school students.

■ **Feb. 27, 11 a.m., Digital Training Facility on Vilseck – Surfing your way Through the Waves of Education:** MCEC offers many useful online resources designed to help the mobile military child.

This workshop will help you become familiar with the many different electronic resources available. Choose to surf for general education or college prep (financial aid and ACT/SAT prep) information from a list of reliable resources.

Airfield Gate open Mon.-Fri. for additional access

Vilseck Airfield gate open Monday-Friday from 6:30–8:30 a.m.

Thursday: Due to mission requirements, the Vilseck Airfield Gate will only be open to inbound traffic from 6–7 a.m. Please adjust your arrival times to the installation accordingly.

Professionals needed for CYS SKIES Unlimited

CYS SKIES Unlimited (School of Knowledge, Inspiration, Exploration, and Skills) is hiring certified professionals who would like to put their skills to work and dedicate their time and knowledge to make a difference in a child’s life.

Instructors are needed for Music (Piano, Guitar), Foreign Language (German, Spanish), Gymnastics, Tennis, Swimming, and Academic Tutoring. Please contact cysinfo@eur.army.mil.

ACS offers sexual assault awareness training

Monday: Community Sexual Assault Awareness Training. To sign-up or for more info: Vilseck ACS in Bldg. 322, DSN: 476-2650 or CIV: 09662-83-2650.

Red Cross Course Schedule

Monday-Wednesday: 3:30 – 6 p.m. Babysitter’s Training, Grafenwoehr office. Cost: \$35.00

Pre-payment required for all Health and Safety classes. Please stop by the Vilseck or Grafenwoehr office to make payment. Check or money orders please. For more info, call the Vilseck office at 476-1760.

Red Cross moved to Bldg. 244

The American Red Cross office on Grafenwoehr has moved from Bldg. 536 to Bldg. 244, second floor, room 201. The office phone number remains the same, DSN 475-1760 or CIV 09641-83-1760.

Office hours are 0730-1600 hours (7:30 a.m.-4 p.m.) Monday-Friday.

Vilseck Community Bank closes for training

The Community Bank Vilseck will be open from 11:30-16:00 on Feb. 28 due to the monthly staff training.

Flu vaccine available at Graf & Vilseck health clinics

Grafenwoehr Health Clinic offers Influenza vaccine to all active duty, activated reserve component and all Tricare beneficiaries.

Vaccinations are given on a walk-in basis. Our hours are Monday-Wednesday 7 a.m.–7 p.m., Thursday 1–7 p.m., and Saturday 9 a.m.-noon.

Vilseck Health Clinic offers Influenza immunization for the community at the Vilseck Health Clinic (for DoD beneficiaries) for the following days: Mon, Tue, Wed 7 a.m.–4 p.m., Thurs 1-7 p.m., Friday 7 a.m.–2:30 p.m.

Refills from Vilseck pharmacy must be called in

All refills from the Vilseck pharmacy must be called in through the automated refill line. This is mandatory effective March 1, 2007. The phone number is DSN: 486-5601 or Civ: 06371-86-5601. Once in the menu follow these steps:

1. Dial 5 for eastern Wuerzburg division.
2. Dial 1 for Vilseck pharmacy.
3. Dial 1 for refills.
4. Enter the last four digits of the sponsor’s SSN followed by the # key.
5. Enter the numeric portion of the Rx number followed by the # key. The Rx number is found above the name on the pharmacy label.

Once called in, the refill can be picked-up the following business day after 1300. Simply bring the patient’s ID card to the pharmacy window.

Army Emergency Relief program starts March 1

The Army Emergency Relief program will go from March 1 through June 1.

All units and directorates within USAG Grafenwoehr are requested to provide an AER Representative by Thursday. Each unit will provide the name, e-mail address, APO address, telephone number and FAX number of each appointee to USAG Grafenwoehr HRD.

A special training session for all unit representatives will be held March 1 at 9 a.m. in Bldg.244.

For receipt/allotment forms (DA Form 4908) or questions, contact ChristineNunez at DSN 475- 8302 / 8432 or christine.nunez@eur.army.mil.

Graf IACS has new hours

■ Grafenwoehr IACS located at Bldg. 244, Room 220, now has the following hours: Monday-Friday 7 a.m.-4 p.m., closed on American Federal holidays, open on German holidays.

■ Vilseck IACS hours are still the same, Bldg. 700 on Rose Barracks: Monday-Friday 0730 -630 hrs., closed on American holidays, open on German holidays.

■ For more info, call Gretchen Ludovice, IACS Office Grafenwoehr DSN 475-8415 or 09641-83-8415.

Adjusted POV inspection station operating hours

Tthe U.S. BASOPS Maintenance Center-Europe has readjusted the operating hours in the POV Inspection Station (Bldg. 580) in the USAG Grafenwoehr to reflect following operating hours:

Monday: 7:45 a.m.-noon/12:45-4 p.m.

Tuesday-Friday: 7:30 a.m.-noon/ 12:45–4 p.m.

Garrison School Update

Today: Black History Month speakers at GMS at 2:30 p.m.

Thursday: 6 p.m. at Vilseck High School. Parent 2 Parent hosts “Creating a Student Portfolio with the Real World” Open to high school students. Contact 0175-648-2777.

Friday: GMS February Mardi Gras dance has been cancelled. Vilseck SAS will host a community Open House from 3 p.m.-5 p.m.

March 2: Read Across America Day

March 6: PTSA meeting, 1:15 p.m., GMS

March 12-16: Terra Nova testing

April 9-13: Spring Recess

School Contact Numbers:

VES 476-2812

GES 475-7133

GMS 475-9500

VHS 476-2554

School Transportation 475-9525

GMS Yearbook. If you would like your child to have a GMS Yearbook, place your orders now. This is the first Grafenwoehr Middle School Yearbook! The Yearbook Club is working really hard to make the first yearbook special. All Yearbook orders need to be turned into the front office. Please make checks payable to GMS PTSA.

CYS SKIES new creative arts program. Tuesdays for ages 3-5, 11:45 a.m.-12:15 p.m., and ages 5 & up, 12:15-1:15 p.m. Vilseck CYS Bldg 224.

Monthly Cost: \$20. For info, contact CYS at DSN: 476-2760 or Civ: 09662-83-2760.

Comments or suggestions?

DODEA Customer Satisfaction survey can be taken online by parents, teachers, and students in grades 4-12 at www.dodea.edu.

Interested in participating in the 2007 Volksfest?

Private organizations and units must register before Feb. 28.

Private organizations and units desiring participation in this summer’s German/American Volksfest must submit a request form to Neville Paschall, MWR Special Events Coordinator.

For questions or a registration form, please call Paschall at DSN 475-6167 or CIV 09641-83-6167.

The next planning meeting for the Volksfest will be Feb. 28 in Grafenwoehr, Bldg. 539, second floor conference room starting at 6 p.m.

Grafenwoehr, Vilseck SATO offices closed for meeting

Feb. 28: The commercial travel offices in Grafenwoehr and Vilseck will be closed for their annual works council meeting.

The call centers are available for emergency travelers. European Reservation Center, RAF Croughton, United Kingdom hrs: Monday–Friday, 0700–1900 GMT. phone: Toll Free 0800-100-7102, Commercial 0044-1869810178, DSN 314-236-8418. International Service Center, San Antonio, Texas hrs: 24/7 : Toll Free 0800-826-8960, Collect 210-877-3255.

Vilseck ITR desk closed

Due to renovations, ITR will be closed for the next two weeks. To make trip reservations, visit the ITR in Grafenwoehr or call DSN 475-7402 or CIV 09641-83-7402.

Vilseck Library offers monthly special events

■ Pre-school Story Time: every Wednesday 10 a.m.

■ Hispanic Story Time: first and third Friday of each month

■ Mother/Daughter Book Club: second Tuesday of each month (for mothers and 8-12 year-old daughters)

Visit the library or call DSN 476-1740 for more information.

Graf and Vilseck CMRs have longer Thursday hours

Now in effect: Both the Graf and Vilseck Consolidated Mail Room (CMR) Customer Service Windows will remain open 1/2 hour longer on Thursdays.

This change is due to the recent elimination of Family Time, and will standardize the daily operating hours from 10 a.m.-5:30 p.m., Monday-Friday. POCs: Mr. Morris at DSN 476-2509 for Vilseck, and Mr. Ferrer at DSN 475-6164 for Grafenwoehr.

Tax centers now open

The garrison Tax Assistant Program is now running.

To schedule an appointment, call DSN 475-7779 at Grafenwoehr / DSN 476-3358 at Vilseck.

Chaplain Happenings

■ **Ash Wednesday Mass today:** For more information, please contact the Catholic Office at 476-3696. 6:30 a.m., Grafenwoehr Chapel; 12 p.m., Grafenwoehr Chapel; 6 p.m., Vilseck Chapel

■ **Ash WednesdayLutheran/ Episcopal today:** 12 p.m. Ash Congregation (Vilseck Chapel)

■ **Marriage Enrichment Seminar at Graf Chapel Annex, Friday:** The Grafenwoehr Family Life Chaplain will sponsor a Marriage Enrichment Seminar on Feb. 2, 9 a.m.–3 p.m. at the Chapel Annex at Grafenwoehr.

Childcare and lunch will be provided. Contact CH (MAJ) Nielsen to sign up for this event at 476-3276.

■ **Club Beyond looking for Youth Mentors** Are you willing to live your faith in front of teens? MCYM/ Club Beyond is a chapel-sponsored youth ministry serving the Vilseck/Graf communities.

For more information, contact Aretta Zitta at aretta.zitta@graf.eur.army.mil Tel: 0160-9876-9678.

Hohenfels Briefs

Vet clinic closes temporarily

The Veterinary Clinic will be closed all day from today-Friday, but we will be conducting evening clinics from 5-7 p.m. Clients must contact the veterinary clinic at 466-4560 to schedule an appointment.

Don’t miss MST Night

Math, Science, and Technology Night will be held March 7 at Hohenfels Middle/High School from 4-6 p.m.

Not only are you are invited to attend, but also to demonstrate and display your expertise in these fields.

Anyone who is interested should e-mail martha.mcintyre@eu.dodea.edu for more information.

Ed center holds math placement tests workshop

The Education Center is hosting a lunchtime workshop for the Math Placement Tests Thursday, 11:30 a.m.-1 p.m. Call DSN 466-2882 or civilian 09472-83-2882.

Learn about the stars with KONTAKT Club Hohenfels

Did you ever want to learn more about the stars? Then here is your chance. The German/American KONTAKT Club is offering a trip to the Observatory in Neumarkt on Friday at 6:30 p.m. For more information contact the Public Affairs Office at 466-4294. Spaces are limited.

CMR no longer forwarding

On March 1, the community mail room will no longer be forwarding the mail from the old 1/4 mailroom that was closed September 2005. All mail that hasn’t been changed to your current CMR mailing address will be returned to sender.

Risk communication workshop set May 7-9

U.S. Army Center for Health Promotion and Preventive Medicine Introductory Risk Communication workshop is set May 7-9 at Ramstein Officer’s Club, RAB. Register online at <http://chppm-www.apgea.army.mil/risk>, or contact Kita Perry via e-mail: Suaquita.perry@us.army.mil.

A faxable registration form is also available upon request. For local information, contact the Department of Health Promotion and Wellness, USACHPPMEUR at DSN 486-7099 or e-mail Laura.Mitvalsky@us.army.mil.

Job openings available

There are lots of open positions right here in Hohenfels. AAFES/Burger King, CYS, IACS, and the Mail Room are all looking to hire for various positions.

For more information, contact Lara Clagett, ACS Employment Program Manager, at DSN: 466-4860 or CIV: 09472-83-4860

Baby water play group set

This play group is sponsored by the Hohenfels Hurricanes Swim Team every other Tuesday, 10:30-11:15 a.m. at Bul Mare Swim Bad in Burglengenfeld. For more info please email bethhoeh@yahoo.com.

AFTB Level I class offered

Army Family Team Building Level I

class on Feb. 28, 9 a.m.-1 p.m. at ACS, Bldg. 317. We have an enthusiastic team of AFTB instructors ready to “Empower You for the 21st Century”.

The Level I class topics that will be presented are Military Terms and Acronyms, Chain of Command, Benefits and Entitlements, and Family and Military Expectations.

Childcare is free, but you must contact Polina Mack with the names and ages of your children no later than Thursday. Ensure your children are registered with CYS. Space is limited so sign up early!

For more information, contact Polina Mack, AFTB volunteer program manager, at DSN 466-4771 or CIV 09472-83-4771.

Chaplain Happenings

■ Today at 11:30 a.m. is **Protestant Ash Wednesday Services** at the Nainhof Chapel. POC is Chaplain Bauman, DSN 466-1570 or CIV 09472-831570.

■ This noon and this evening at 5 p.m. is **Catholic Ash Wednesday Mass** at the Main Post Chapel. For more information, call DSN 466-2226 or CIV 09472-83-2226.

■ Friday is **Catholic Lenten Stations of the Cross Services** at 5 p.m. at the Main Post Chapel. POC is Chaplain Wilk, DSN 466-1570 or CIV 09472-831570.

■ **Adoration** of the Blessed Sacrament is held the last Friday of each month in the Blessed Sacrament Chapel from 8:30 a.m.-2 p.m. The next Adoration is scheduled Friday. For more information, call DSN 466-2226 or CIV 09472-83-2226.

■ **Christ’s Commandos (C2)** is church just for kids. We meet in the Post theater on the 2nd, 3rd, and 4th Sunday’s of the month, 10:45 a.m.-12 p.m. We have skits, puppets, music, & games.

■ **The Moms Lunch** at The Zone for this month has been MOVED to March 13. Time will be the same, 11:30 a.m.-1 p.m. Child care will be provided for those who RSVP. POC is Chaplain Porter at DSN 466-4759 or gail.porter@us.army.mil.

■ **The Protestant Women of the Chapel** meet each Tuesday morning at the Hilltop Chapel Center from 9-11:30 a.m. Child care is provided for children aged 6 wks-5 years. Come enjoy fellowship, food, and bible study. The POC is Chaplain Baumann at DSN 466-1570 or CIV 09472-831570.

■ **Catholic Women of the Chapel** meet for Bible study each Thursday morning from 9:30-11:30 a.m. at the Hilltop Chapel Center. For more information, call DSN 466-2226 or CIV 09472-83-2226.

■ **Young adults** who have already graduated from high school and are working in the community are invited to Bible study, a relaxed atmosphere, and a home cooked meal each Tuesday evening at Bldg. 743, across from the commissary. This is sponsored by the Protestant Congregation at Nainhof Chapel. Call Chaplain Bradford Baumann at DSN 466-1570 or CIV 09472-831570 for more information.

■ The PWOC holds evening **Bible study** each Wednesday evening from 6-8 p.m. No child care is provided. POC is Chaplain Baumann at DSN 466-1570 or CIV 09472-831570.

■ Students in **junior high or high school** are invited to The MUG Coffee House each Wednesday evening. POC is Chris Howard, Club Beyond representative at DSN 466-4793 or CIV 09472-834793.

Adoption Support Group

Have you adopted a child?
Are you interested in adopting?
If so, then this meeting is for you!

The Adoption Support Group meets on March 21st at 1830 in the Vilseck ACS Lounge!

Call the Vilseck ACS at 09662-83-2650 to Register!



‘World Peace’ seemingly an enigma

Continued From Page 2

talking about condoms than about the war. More comfortable announcing our true weight than about how much we are willing to spend on the war, how many lives we are willing to lose.

Even inside the military community - a group that has been consistently 60 percent Republican and 16 percent Democrat for years - I can't guess how anyone feels about

the war. Just last week I saw that the 2006 Military Times Poll noted that even though 83 percent of poll respondents thought success in Iraq was likely in 2003, that number has shrunk to only 50 percent. Thirteen percent of those active duty members polled even said we should have no troops in Iraq at all.

No wonder we don't talk. No wonder we cannot agree. I'm starting to think that just to get the talking started again maybe the Miss

Congeniality approach is the way to go. Maybe the answer is that no matter the question about the war, no matter what you really feel, we might only be able to hear each other if the end of everybody's answer is, "World Peace".

If I could count on those two words my liberal brother could tell me, "Bush is an evil jerk. But at least he wants World Peace."

My neighbor could say that the war in Iraq is uncannily like the

Vietnam War and we should pull out before our 3000 dead become 30,000 dead. "Because how can dead people enjoy World Peace?"

My son's teacher would be free to say, "This is now Iraq's problem. The Iraqi army ought to apply themselves to creating World Peace."

I could say that I'm darn sure that sending more troops over there won't end the war. And that pulling out of Iraq just because we are sick

of the war will create a bigger mess, and that I wish I had paid more attention in Political Science class at school instead of sneaking out for beers with those cute boys, because maybe then even I would actually know how to create World Peace.

A 19-year military spouse, Jacey Eckhart is a syndicated columnist with CinCHouse.com, a published author and the host of The Jacey Eckhart Show.

JMTC welcomes troops home from Iraq deployment

JMTC press release

The 7th Army Joint Multinational Training Command welcomed 32 Soldiers home from Iraq Feb. 7.

The troops had been deployed to Iraq for the past year, charged with training the Iraqi 3rd Brigade, 1st National Police Division.

The national police are a gendarmerie, a force organized along military lines and charged with duties among a civilian population.

Working alongside regular police as well as military forces, the national police are typically used when security concerns are greater than the regular police alone can handle.

U.S. Army, Europe, deployed 88 Soldiers from units all over USAREUR to serve as the National Police Training Team.

In Grafenwoehr, anxious family members and friends awaited arrival of a charter bus bringing the Soldiers from Ramstein.

The tension evaporated quickly enough, though, as the bus pulled up and the troops offloaded.

Amid the squeals of delight and bear-hug embraces, the family members waiting in the JMTC command conference room, the returning Soldiers reunited with loved ones, and shook hands with friends and JMTC well-wishers.

"There's no way to describe how I feel," said Veronica Babauta, wife of Master Sgt. William Babauta. "We're going to spend the next few weeks smothering (William) with our love and our time."

Mission No. 1 one for the team now, said JMTC Chief of Staff Col. Timothy C. Touzinsky, is reintegration.

"It's hard to believe it's been a year," Touzinsky said. "Your families have worked hard to hold things together, and now your job is to reintegrate and re-establish, and the whole JMTC team is going to be there for you."

While downrange, rather than serving solely as an academy cadre, the team spent time living and working with the Iraqi force, according to Maj. Craig King, logistics officer for the 3rd Brigade team.

"We established a long-lasting relationship with our unit," he said. "We spent a lot of time together, eating with them, living with them ... and the little things, just sitting and drinking tea and the small talk in the late hours ... it all helped establish an incredible rapport."

The team lived on a U.S. forward operating base, situated about five minutes from their National Police unit.

The up-close-and-personal approach meant the team often conducted operations alongside their Iraqi trainees.

Two USAREUR team members received the Purple Heart for injuries received during the deployment.

"It was a long, hard year," said Sgt. 1st Class Bennie Rockwell, operations NCO who oversaw much of the training for this team. "I'm just glad to be home so I can help my wife, Petra, get the house we're building finished!"

Seven of the returning Soldiers arrived at Grafenwoehr, six at Vilseck and 19 at Hohenfels, according to JMTC operations officials.

An official "Welcome Home" ceremony was held Feb. 15 at Hohenfels.



Courtesy photo

Master Sgt. William Babauta gets a warm welcome from his children, Liam and Alanah, Feb. 7 at Grafenwoehr after returning from his year-long deployment.

Norovirus affecting Europe, Army numbers still low

Europe Regional Medical Command

Just when you thought you beat the winter flu season, another virus blows across the continent causing more than runny noses and watery eyes.

The norovirus is currently causing concern in some parts of Germany. While the Robert Koch Institute of Germany reported over 24,000 cases of the norovirus between Dec. 19, 2006 and Jan. 18, 2007, Army hospitals and clinics in Germany are not reporting high numbers.

"We have seen a slight increase of patient's with diarrhea in Landstuhl Regional Medical Center's Emergency Room, but nothing significant in the school community or other outpatient clinics in the Kaiserslautern area," said Dr. (Lt. Col.) William Corr, preventive medicine consultant for the Europe Regional Medical Command.

The norovirus made the news in the U.S. in December when Indiana health officials blamed the norovirus for an outbreak of illness among nearly 400 patrons of an Olive Garden restaurant outside Indianapolis. More than 380 passengers and crew members aboard Royal Caribbean's "Freedom of the Seas" were sickened by the norovirus during a November Caribbean cruise. In Montreal, Canadian newspapers reported that an epidemic of viral gastroenteritis spread to at least 29 health-care institutions across Montreal, making it the worst of its kind in a decade. In late January, over three hundred British army recruits came down with a severe form of gastroenteritis.

The U.S. Army Center for Health Promotion and Preventive Medicine-Europe uses a computerized tracking system for early notification of community-acquired outbreaks. The system showed a spike Jan. 16, with 23 visits to clinics in the Heidelberg and Bavarian areas. Since Jan. 16, the rates dropped to normal. The

relatively low numbers may be attributed to the fact Soldiers and family members live and work in gated communities, said Corr.

Norovirus is a group of viruses that cause flu-like symptoms, according to the U.S. Centers for Disease Control and Prevention (CDC). It spreads through contaminated food or liquids, contaminated surfaces, or direct contact with someone who is infected. Viruses are very different from bacteria and parasites, some of which can cause illnesses similar to norovirus infection. Like all viral infections, antibiotic medication does not cure patients affected by noroviruses.

Norovirus symptoms usually include nausea, vomiting, diarrhea, and some stomach cramping.

Sometimes people additionally have a low-grade fever, chills, headache, muscle aches, and a general sense of tiredness. The illness often begins suddenly, and the infected person may feel very sick. In most people, the illness is self-limiting with symptoms lasting for about one or two days. In general, children experience more vomiting than adults do. Most people with norovirus illness have both of these symptoms.

Noroviruses are found in the stool or vomit of infected people. People can become infected with the virus in several ways, including:

- eating food or drinking liquids that are contaminated with norovirus;
- touching surfaces or objects contaminated with norovirus, and then placing their hand in their mouth;

How to prevent norovirus infections

You can decrease your chance of coming in contact with noroviruses by following these preventive steps:

■ Frequently wash your hands, especially after toilet visits and changing diapers and before eating or preparing food.

■ Carefully wash fruits and vegetables, and steam oysters before eating them.

■ Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.

■ Immediately remove and wash clothing or linens that may be contaminated with virus after an episode of illness (use hot water and soap).

■ Flush or discard any vomit and/or stool in the toilet and make sure that the surrounding area is kept clean.

Persons who are infected with

norovirus should not prepare food while they have symptoms and for three days after they recover from their illness. Food that may have been contaminated by an ill person should be disposed of properly.

Treating the symptoms

Currently, there is no antiviral medication that works against norovirus and there is no vaccine to prevent infection. Norovirus infection cannot be treated with antibiotics. This is because antibiotics work to fight bacteria and not viruses.

Norovirus illness is usually brief in healthy individuals. When people are ill with vomiting and diarrhea, they should drink plenty of fluids to prevent dehydration.

By drinking plenty of fluids, people can reduce their chance of becoming dehydrated.

■ having direct contact with another person who is infected and showing symptoms (for example, when caring for someone with illness, or sharing foods or eating utensils with someone who is ill).

Persons working in day-care centers, barracks, or dining facilities should pay special attention to children, children, employees, Soldiers, and patrons who have norovirus illness. This virus is very contagious and can spread rapidly throughout such environments.

Noroviruses are very contagious and can spread easily from person to person.

Both stool and vomit are infectious. Particular care should be taken with young children in diapers who may have diarrhea.

People infected with norovirus are contagious from the moment they begin feeling ill to at least 3 days after recovery. Some people may be contagious for as long as 2 weeks after recovery.

Therefore, it is particularly important for people to use good hand washing and other hygienic practices after they have recently recovered from norovirus illness.

People may feel very sick and vomit many times a day, but most people get better within 1 or 2 days, and they have no long-term health effects related to their illness. However, sometimes people are unable to drink enough liquids to replace the liquids they lost because of vomiting and diarrhea. These persons can become dehydrated and may need special medical attention. This problem with dehydration is usually only seen among the very young, the elderly, and persons with weakened immune systems.

"The best thing to do to stop the spread of norovirus is to wash your hands. Hand washing is a great way to keep from getting sick," said Corr.

7th Army NCO Academy graduates 422 Soldiers

JMTC press release

The 7th Army NCO Academy helped 422 Soldiers along the way to becoming enlisted leaders Feb. 7.

The Soldiers graduated from the NCO Academy's Warrior Leader Course, an intensive 30-day curriculum of instruction and the first step in the NCO education system. WLC is required for becoming a U.S. Army noncommissioned officer.

Among the graduates, six Croatian and four Slovakian troops shared graduation honors, representing their countries as partner nations in the Global War on Terror.

Since 2003, the NCO Academy has maintained a strong partnership with several foreign armies, providing professional NCO training for NATO and coalition militaries and helping them build strong, qualified and proficient NCO leadership within their own ranks.

The 7th Army NCO Academy, originally known as The U.S. Constabulary NCO Academy is the Army's oldest NCO training academy. The first class was enrolled in October 1949.

The academy was redesignated as the 7th Army NCO Academy in November 1951.

Food & Culture

Columnist reveals truth behind common German misconceptions

by MARTINA BIAS
Bavarian News Food & Culture columnist

To many Americans, Germany and its culture are still strange and unfamiliar. This makes it a bit more difficult for many people to distinguish between the fact and fiction that circulate about this country.

In any land and culture, truth and fallacy are easily and often blended. Legends abound, making reality sometimes difficult to pin down. Many times, people believe tall tales and myths simply because they are plausible.

Just before Christmas last year, I addressed the myth of the German Christmas pickle ornament in this column, and today I will explain five more myths that I have heard frequently enough to warrant an explanation.

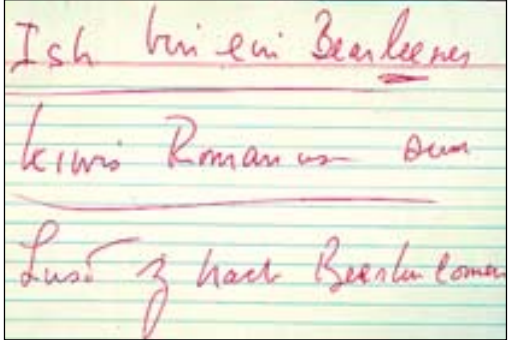
1 – German Chocolate Cake

I can't tell you how excited I was when my mother-in-law announced that she would bake me a German chocolate cake for my first birthday celebration in the U.S.

I couldn't wait to savor the familiar taste of home. You can probably imagine my disappointment when she proudly set a (for German taste buds extremely sweet) chocolate cake with coconut frosting in front of me.

The big question here: Is German chocolate cake really German?

The short answer is: No! After all, how many coconut trees have you encountered during your stay here? The term "German chocolate cake" was actually derived from German's Sweet Chocolate, a brand name that



Courtesy of the National Archives, John F. Kennedy Library, Boston, MA.
President John F. Kennedy expressed his sentiments correctly in his 1963 speech in West Berlin, as his notecard shows.

isn't German either.

According to spokespeople from Kraft Foods/General Foods, a man named Sam German, working for the Baker's Chocolate Company, developed a bar of sweet baking chocolate in 1852.

The new product bore the name of its inventor: Baker's German's Sweet Chocolate. The first known published recipe for a cake using German's Sweet Chocolate appeared in a Dallas newspaper in 1957.

As time went by, the name of the popular cake recipe—using Baker's German's Sweet Chocolate or Baker's Sweet Chocolate—was shortened to "German chocolate cake."

2 – German nearly became the official language of the U.S.

The myth that the German language almost became the official language of the United States has been quoted frequently.

The legend usually goes something like this: "In 1776, German - instead of English - came within one vote of becoming America's official language."

The only problem is that the story isn't true! It may sound plausible to unaware ears. After all, Germans have played an important role in U.S. history.

Think of the Hessian soldiers, von Steuben, and Molly Pitcher. But a closer look reveals several serious problems with this story.

First of all, the United States has never had an "official language"—English, German, or any other—and doesn't have one now. Nor was there any such vote in 1776.

Congressional debate and a vote concerning German may have taken place in 1795, but dealt with translating U.S. laws into German, and the proposal to publish laws in other languages was rejected a few months later.

Additionally, at no time in its early history



Courtesy photo
German chocolate cake is an American dessert, named for the developer of a baking chocolate.

was the percentage of Germans in the United States ever higher than about 10 percent, with the majority of them concentrated in Pennsylvania.

Even in that state, the number of German-speaking inhabitants never exceed one-third of the population.

3 - JFK called himself a jelly doughnut in Berlin

There is a persistent claim that JFK's famous German phrase, "Ich bin ein Berliner," was a gaffe that translates to "I am a jelly doughnut."

However, when Kennedy made that statement during a West Berlin speech in 1963, his German audience understood exactly what his words meant: "I am a citizen of Berlin."

No one laughed at or misunderstood Kennedy's words spoken in German. In fact, he had been provided help from translators who knew the language well.

He wrote out the key phrase phonetically and practiced them before his famous speech in front of the Schöneberg town hall in Berlin, and his words were warmly received.

Yet this German myth has been perpetuated by teachers of German and other people who enjoy the word play.

Although a "Berliner" is also a type of jelly doughnut, in the context used by JFK it could not have been misunderstood. Here is Kennedy's full statement:

All free men, wherever they live, are citizens of Berlin, and, therefore, as a free man, I take pride in the words, "Ich bin ein Berliner."

Part of the problem here stems from the fact that in statements of nationality or citizenship, German often leaves off the "ein". But in Kennedy's statement, the "ein" was correct and expressed that he was "one" of them.

4 - German is a very difficult language to learn.

Learning to read in German is extremely easy. Unlike English, where one has to wade through phonics and many exceptions of pronunciation, once you know the sound of every letter in the German alphabet, you can sound out every German word.

Additionally, considering that German has only four grammar cases, whereas Russian has six and Finnish even 17, I rest my case!

5 - The German language sounds hard and ugly

Unfortunately, this is one that hinges on personal preference.

An American gentleman told me about his recent stay at a German hotel. Since there is usually no air conditioning in German buildings, he had the window open.

His afternoon nap was interrupted by loud and harsh voices in front of his window. He got up to see what the fight was about, just to find two Germans having an everyday conversation on the side walk.

Now consider this statement by a language student: "It was so nice to learn German instead of French! Being forced to utter all those French words in such an exaggerated nasal tone, so gushing, German was a relief."

Interestingly, we all have our own perceptions of how other languages sound.

My father always says: "All you have to do to sound like an American is talk with chewing gum or a hot potato in your mouth."

Have you ever wondered why Germans do certain things? E-mail me at martina.bias@us.army.mil and I may be able to address your suggestions in a future column.



Taken in context, JFK did not call himself a jelly doughnut.
Courtesy photos

German casserole a delicious layered dish

Recipe and photos by MARTINA BIAS
Bavarian News Food & Culture columnist

The textbook "Food for Today", used in our DoDEA high schools, describes German food as having two basic characteristics:

1. One-dish meals are common
2. Dishes use fruits with meat and vegetables to create a combination of sweet-sour flavors.

It is also noted that Germans enjoy many kinds of sausages called "Wurst."

While I personally did not grow up eating a lot of casseroles, I do agree that they have an important place in German cuisine.

A German casserole dish is called an "Auflauf." This word has two meanings in German. It describes a layered and baked dish or a crowd of people.



Sauté leek slices, garlic, and bratwurst in butter for 2 -3 minutes.



"Auflauf" means a layered and baked dish.

Over the years, the influence of our European neighbors has shaped some of the casseroles served in this country.

Just like in American homes, you can now find layered dishes featuring Italian, Greek, or another country's signature flavors on German lunch and dinner tables.

The following recipe could be a poster child for the textbook definition of German food.

It combines the staple ingredients for starch (potatoes), veggies (leeks), fruit (apple), and meat (bratwurst), and tops them off with the favorite dairy product - cheese (Emmentaler or Swiss).

So if you enjoy hearty, one-dish meals, you might want to give this Auflauf a try.

In the next issue, we will feature a "suesser Auflauf" (sweet layered and baked dish).

Guten Appetit!

Auflauf mit Bratwurst und Poree

Ingredients:
2 large potatoes
2 Tbs. butter or margarine
4 large bratwurst, grilled or fried
1 large leek, sliced and washed
2 tsp. of minced garlic
2/3 cup vegetable broth
2/3 cup apple juice, cider, or apple wine
1 tsp. dried sage (or 1 Tbs. fresh sage, chopped)
½ - 1 tsp. salt
½ tsp. pepper



Courtesy photo

A German casserole, called an Auflauf," usually combines the flavors of fruit, vegetables, meat, cheese, and a starch for a sweet-sour flavor.

2 Tbs. corn starch
4 Tbs. water
2 cups shredded Swiss (Emmentaler) cheese

Preheat oven to 375 degrees.

Pour bratwurst mixture into a 9 x 13- inch casserole dish. Layer potatoes over meat and vegetable mixture.

Sprinkle with cheese.

Bake for 25 – 30 minutes, or until the potatoes are done and the cheese is golden brown.

Yield: 4 servings

Do you have a favorite German dish you would like to recreate at home? E-mail me at martina.bias@us.army.mil to have it published in a future issue of the Bavarian News. Please include your contact information, including phone number.

Slice unpeeled potatoes and boil for 10 minutes. Drain and set aside.

Meanwhile, cut bratwurst into 1-inch slices. Melt butter or margarine in a pan and sauté leek slices, garlic, and bratwurst in it for 2 -3 minutes.

Add broth, apple juice, cider, or apple wine and sage. Season to taste with salt and pepper.

Dissolve starch in water and add to skillet. Bring to a boil und cook until thickened.

Medieval history and modern industry blend in Bulgaria's capital city

Story and photos by
BILYANA ATOVA
Staff writer

Sofia—the administrative, cultural, and economic center of Bulgaria—is like two cities melded into one.

The one is a rapidly changing city with a fast growing economy, where last year's investment rate was one of Europe's highest. It is a city with a fresh new look, full of modern buildings, business centers, malls, and amusement parks.

The other is a medieval city where well-preserved historic churches and ancient Roman edifices live quietly in the shadows of the newer, more modern landmarks.

The new and the old, the Western and Oriental, come together to create a unique look for one of Europe's most renowned capitals.

Situated in the heart of the Balkan Peninsula, Bulgaria's capitol has a rich history. One of the oldest capital cities in Europe, Sofia dates back to the 7th century B.C.

Thracians, Greeks, Romans, Byzantines, Slavs, and Bulgarians inhabited this city at different times, leaving behind monuments and

adding to its rich and diverse history.

Sofia's first inhabitants were the Serdi, a Thracian tribe who settled there around the 7th century B.C. and gave the first recorded name of Sofia, Serdica.

The Byzantines called it Triaditsa, and the Slavs named it Sredets. For a short time during the 4th century B.C., the city was possessed by Philip of Macedon and his son Alexander the Great.

In the 3rd century, the Romans built strong walls around Serdica, and the city became an important stopping point on the way to Constantinople. Later, Serdica became one of the Byzantine Empire's

most important strongholds in the Balkans. The city was captured by the Bulgar Khan Krum in 809 and it continued to flourish under the Bulgarians.

The modern city of Sofia was named in the 14th century after the basilica Sveta Sofia, or Holy Wisdom.

Today there are many archeological sites in Sofia that prove the city's colorful history, including castle gates and towers of Serdica, streets, and buildings that are thousands of years old. Most of

these sights can be visited on foot.

The city skyline is dominated by the golden domes of the Alexander Nevski Church, one of the world's largest Orthodox churches and arguably the best architectural structure in the Balkans. It is a beautiful building with a lavish exterior surpassed in beauty only by the frescoes interior and the splendid icons.

But beautiful architecture is not all that the fifteenth largest city in the European Union has to offer.

Visitors can enjoy the museums and churches. Churches such as Saint Nedelya and Boyana Church, (11th – 13th century, a UNESCO heritage site) are must-sees during a trip to the city.

The frescoes in Boyana Church are another must-see. These impressive works of art have led some historians, due to the style of the paintings, to believe that the Renaissance actually began in Bulgaria, not Italy.

A personal favorite site of mine is the Rotunda Saint George. It is a 4th century building with early medieval frescoes. Around the church there are remains of a 2nd century street and other Roman ruins.

The Rotunda is situated behind the Presidency and the Sheraton Hotel. I simply love it there. It is so quiet and peaceful, with the surrounding buildings serving as thick walls from the daily buzz of the city.

If you become bored during a foot tour or visiting the museums and churches, Sofia is also an excellent place to shop.

It has something for everyone. Great deals abound and some visitors may find it much less expensive to shop in Sofia than other

European cities yet high-end shopping is also readily available.

Vitosha Boulevard, also called Vitoshka, is ranked as the world's twenty-second most expensive commercial street with numerous fashion boutiques and luxury goods stores, featuring exhibitions by world fashion designers.

Every type of souvenir imaginable – from books and jewelry to paintings – can be purchased at lively outdoor markets or upscale boutiques.

After a day of shopping and touring the city, visitors can treat themselves to an affordable meal in one of Sofia's many restaurants.

While most restaurants naturally offer Bulgarian cuisine, several varieties of foods can be found.

The food tends toward rich and tasty—European with a hint of the Orient, spicy but not overpowering. It is a mixture between the best of the Old Bulgarian, Greek, and Turkish dishes.

An authentic Bulgarian meal would not be complete without one of the country's delicious wines, comparable in taste to high quality French and Italian wines, but with a much more affordable price tag.

Walking in the city on warm summer evenings is

a treat not to be missed. It is not as crowded, and the city's buildings are beautifully illuminated. If you visit during the summer, be sure to stop and enjoy an ice cream cone in one of the many open-air cafes or restaurants that are open all night.

While Sofia cannot be compared size-wise to Paris or Berlin, the nightlife is just as mesmerizing. Clubs, discos, and piano bars await to satisfy even the most discriminating taste.

Adding to the city's universal charm is its proximity to the Vitosha mountain. About 20 minutes from the city center, visitors can enjoy great skiing during the winter and hours of hiking in the summer.

Whatever season you decide to visit, the choices are practically endless in the city whose motto is appropriately, "It grows but does not age."

Come see for yourself!



While exploring the old churches of Sofia, be on the lookout for the 2nd century Roman streets that are still in place in many areas.

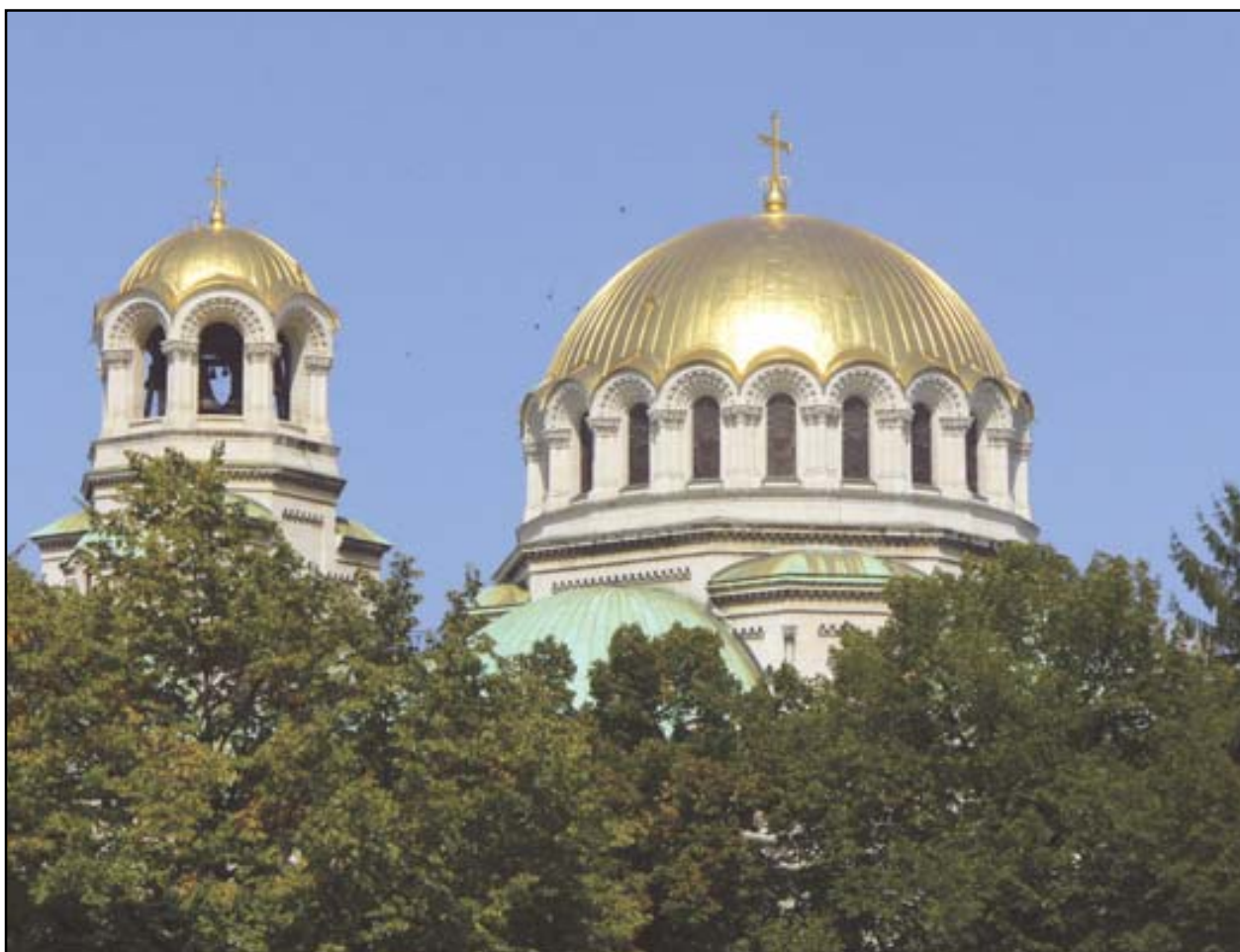


Walking the city, visitors will find a myriad of cultural differences that makes Sofia unique.



(Left) The Rotunda St. George is located behind the Presidency.

(Below) The Alexander Nevski Cathedral is one of the largest Orthodox churches in the world.



The Church of St. Nedelya is an example of the city's many historic churches.

Best of old and new meet in Sofia

Lady Falcons 'the team to beat' at championship

Story and photo by JODI WARD
Staff writer

Defensively, the Lady Falcons of Black Forest Academy threw everything at the Division II South top-seated Vilseck Falcons, but it wasn't enough to overtake the home team during their Feb. 10 game.

Trailing by 11 at the end of the first half, the Vilseck team rebounded in the second, scoring 25 points in the third period.

It was close for the entire second half, but the Vilseck ladies put up a fight, matching their opponents point for point.

In the end, it came down to free throws. With seconds left in play, senior Alania McKinnis (#24) and sophomore Ashley Hicks (#30), each hit one, securing a 48-45 win.

The Vilseck Lady Falcons are now 4-0 in conference, and 10-2 overall after scoring a pair of home court victories over Black Forest Academy Feb. 9 and 10.

Despite the winning record head coach Alex Veto isn't getting ahead of himself.

"The whole season lies ahead of us," said Veto. "We were just hoping to get by a very solid BFA team this weekend (Feb. 9-10).

Then next, versus Wuerzburg, will determine the conference champion and the number 2 or 3 seed at the tournament."



Ashley Hicks helped secure the Falcons' victory by hitting a foul shot with only 15 seconds left in play.

"But when we're on, we're on," said Veto, who has been coaching for 25 years and coached at Vilseck for the past 11.

Veto, who characterizes his team as selfless, said that he and assistant coach Tim Connolly emphasize team, and that is exactly what they are - a strong team.

"They work together wonderfully and are the best of friends. Several of the players were on the Div. II champion volleyball team in the fall," said Veto, explaining the secret to the

Vilseck Lady Falcon's winning season.

The sure-shooting of senior, captain Cathy DeLaRosa, who averages 10 pts., 8 assists per game; Hicks, who averages 17 pts., 14 rebounds; and McKinnis, who averages another 10 pts. and 10 rebounds are the driving force of the Lady Falcons, making them the team to beat in Division II, South.

The European Tournament will be held today through Saturday in Mannheim.

Sports Briefs

Unit level volleyball league registration

Now-Feb. 28: Register your unit for the upcoming unit level volleyball league.

Register at the Fitness Center, Bldg. 170 (Grafenwoehr), or Rose Barracks Fitness Center, Bldg. 323 (Vilseck).

For more information, contact Mike Bradfish (Graf, DSN 475-9024/9007) or Carl Boothe (Vilseck, DSN 476-2214/2998)

Garrison unit level basketball championships set Friday to Sunday

Come out and support the best unit level basketball teams from the garrison as they battle it out to see who will represent the garrison in the Army Europe championships.

WHEN: Feb. 23-25

WHERE: Physical Fitness Center Bldg. 170 (Grafenwoehr)

POC: For more information, contact Mike Bradfish at DSN 475-9024 / 9007.

Spring baseball meeting set Feb. 27

Spring Baseball 2007 for youth, ages 13-18: There will be an organization meeting for interested youth, age 13-18, to discuss the upcoming season.

The meeting will be at the Vilseck High School Multi-Purpose Room Feb. 27 at 3:30 p.m. Practices will start in early March. Cost per person will be \$45, to be paid at a later date.

Hip hop, street jazz dance classes set

Hip hop and street jazz dance classes are now being offered for adults at the Vilseck Rose Barracks Fitness Center.

■ 2nd session: March 1 – April 5

■ 3rd session: April 12 – May 17

Classes are held Thursdays at 7 p.m.

Register at the Rose Barracks Fitness Center, Bldg. 323. Classes will be held at Bldg. 221.

For information, call DSN 476-2998/2214.

Vilseck holds off Hohenfels girls, boys in return matches

Story and photo by
GARRY BARROWS
Staff writer

It was the last of four games played in the Hohenfels basketball gym Feb. 2, and it was clear from the start that the Hohenfels-Vilseck matchup was the reason the building was packed.

Earlier in the year, Hohenfels visited Vilseck and came away with one point victories in both the boys and girls varsity games.

The Vilseck girls varsity team redeemed the team's previous loss, managing to keep the Hohenfels team off balance and won 51-40.

Both teams played well and the pace was quick, but in the end, Hohenfels simply did not have an answer to the Vilseck's outstanding plays by Ashley Hicks (#30).

Time after time, as Hohenfels tried to close the gap, Hicks would drive the floor for a layup, hit an open

teammate with a crisp pass for an easy shot or pick up a rebound and score.

Hicks' 23 points and overall commanding play was the basic ingredient in the Vilseck win.

As the boys' game began, outstanding ball movement was the order of the evening for Vilseck as they took an early lead.

Swinging the ball from one side of the court to the other, then from the outside to the inside, Vilseck kept the momentum for most of the first quarter until guard Kenny Oberlin scored a three-pointer to bring the score to 16-14.

The second quarter began with choppy play and turnovers by each team.

Several defense lapses and erratic free throw shooting from Hohenfels combined with Vilseck's rediscovery of the benefits of quick ball movement gave Vilseck a 29-22 lead at the break.

An impressive 8-2 Vilseck run begin

the third quarter, primarily the result of good passing and strong finishing, put the Falcons up by double digits.

Hohenfels Coach Kathlene Clemmons had a clear evaluation of her team's performance in this portion of the game: "It was simply a lack of hustle and inconsistent play in the third quarter."

After a timeout, Hohenfels increased the defensive pressure and began to chip away at the lead featuring 9 fourth quarter points from Anthony Marshall, bringing the Tigers to within one point at 39-38 midway into the final period.

The teams then traded three-point field goals, but an inability of Hohenfels to take advantage of free throw opportunities was to be a determining factor as time wound down.

The exciting play and outstanding effort was appreciated by the enthusiastic crowd as both teams

exchanged fouls, missed free throws, and turned over the ball.

With Vilseck leading 57-55, a loose ball foul was called on Vilseck with no time remaining on the clock.

Senior Ray Odum went to the line for a one and one. He calmly sank the first free throw which entitled him to take the second.

Too strong, the shot hit off the back of the rim falling away giving Vilseck a slim 57-56 victory and sweep of the evening's varsity games.

Vilseck was led in scoring by Kyed Najdawi with 14 points and Hohenfels' B.J. Denson with 16.

"It was a hard fought game. Free throws were the difference" said Clemmons said.



Hohenfels senior B.J. Denson drives to the basket as D.J. Davis (#30) looks on.

Jeep ski, snowboard championship slated March 10-11

IMCOM-Europe MWR

Skiers and snowboarders are invited to compete in the Jeep 2007 U.S. Forces Europe Ski and Snowboard Championship set for March 10-11 at the NATO School and Kolben Ski Area in Oberammergau, Germany.

The annual Army Outdoor Recreation event features competition in alpine ski slalom and giant slalom, and snowboard giant slalom events. U.S. ID-cardholder military men and women, civilians, and family members age 6 and up are eligible to participate.

While the races are competitive with medals awarded, the emphasis is on fun, said John O'Sullivan, IMCOM-Europe MWR Recreation Program Manager.

"We see a variety of skill levels on our course. Not all racers are in it for speed; just having the opportunity to run the gates is all the enticement needed for many of our participants," O'Sullivan said.

Snowboarders and skiers will compete in racer, professional, youth and advanced youth classifications.



Entrants in the adult racer class will compete in active duty or civilian divisions, in men's or women's open (age 18-29), senior (age 30-39) or master's categories (age 40 and up.) Military skiers earning local commander cup points for their unit

are also entered in this class.

Professional class skiers are civilian ID-cardholders who are associated with providing ski or snowboard related services—such as instructor, trip guide, or ski patrol—on a paid, compensated or volunteer

basis. Active duty military with professional credentials may compete in the racer class.

Youth class skiers age 6 to 17 compete in boy's or girls minor (age 6 to 9), junior (age 10 to 12), and senior (age 13 to 17) categories. Youth skiers will race on the same course as the adults and must have the ability to control their speed and turns on the steep hills of 'blue' runs.

The Ski and Snowboard

Championship is being enhanced this year with the addition of a youth advanced competition class, said Joe Harris, U.S. Army Garrison Wiesbaden Outdoor Recreation Director and one of the event coordinators.

"To provide a fair and equitable

level of competition among the youth categories, children who have been on a ski or snowboard team for two or more years or who have competed in 10 or more competitions will compete in the youth advanced class," Harris said.

Ski helmets must be worn by all youth skiers, said Harris, adding that race organizers highly recommend helmets for all race participants.

There is no entry fee for participation in the racing events. However, all competitors need to provide their own equipment and purchase their own lift tickets. Equipment, including helmets, for both snowboarders and skiers is available for nominal fees from local outdoor recreation program checkout centers, said Harris.

All participants are invited to an awards dinner at the NATO School Lodge in Oberammergau on Saturday, March 11.

Registration forms are available at Army MWR outdoor recreation centers or www.mwr-europe.com. Pre-registration ends at March 7.